



W₄a₁l₁k₁i₁ng fo₃r W₄e₁l₁n₁e₁s₁ on
W₄e₁d₂n₁e₁s₁d₂a₄y₄s

**CommonHealth presents Walking on Wellness
Wednesdays, When the Weather is Willing!**

**All walks depart James Monroe Building
First Floor Lobby near Conference Room B
At 12:05 p.m.**

**Wear comfortable shoes and
bring a water bottle and sunscreen.**



March 30th Walk around Capitol Square with Brian Warner (DHRM)

April 6th Canal Walk with Amy Moore
(CommonHealth)

April 13th – Walk with Mary Louise Gerdes
(CommonHealth)

April 20th – Walk Capitol Square with Rose O'Toole (CommonHealth)

April 27th - Walk with Mary Louise Gerdes (CommonHealth)